

Preparation Tips: The "Nude" Way

Batch Cook Grains: Prepare a large pot of quinoa or brown rice on Monday to use throughout the week<sup>11</sup>.

Dressings First: Whisk together a large jar of the "Nude" staple: lemon and olive oil dressing

2.Source Locally: Partner with local NZ suppliers for the freshest salmon, white fish, and produce.

The 7-Day Meal Plan

Day

Breakfast

Lunch

Dinner

Sneaky Dessert

Mon

Overnight Oats

Leftover Roast Chicken Salad

The Sunshine Bowl

Choc-dipped Banana

Tue

Poached Eggs on Sourdough

Quinoa & Tahini Bowl

Keto Salmon & Cauliflower Rice

Chia Seed Pudding

Wed

Yogurt & Pumpkin Seeds

Leftover Salmon & Spinach

Halloumi & Roasted Veg Salad

Baked Cinnamon Apple

Thu

Scrambled Eggs & Spinach

Halloumi & Slaw Wraps

Nude Beef & Beetroot Burgers

Choc-Avocado Mousse

Fri

Nut & Seed Granola

Lettuce-Wrapped Burger

Cheap Eats Fish Tacos

Fresh NZ Strawberries

Sat

Smoked Salmon on Keto Toast

Fish Taco Slaw Salad

Everyday Vegetarian Frittata

Grilled Peaches & Honey

Sun

Big Sunday Fry-up

Leftover Frittata Slices

Roasted Chicken & Harvest Roots

Nadia's Fruit Crumble

Detailed Recipe Guide

Breakfasts & Desserts Highlights

Overnight Oats: Mix  $\frac{1}{2}$  cup rolled oats,  $\frac{3}{4}$  cup water/nut milk, and 1 tsp NZ honey. Refrigerate overnight; top with blueberries.

Poached Eggs: Simmer 2 free-range eggs for 3 mins; serve on sourdough with lemon and fresh herbs.

Avocado Choc Mousse: Blend 1 ripe avocado, 2 tbsp cocoa powder, 1 tbsp honey, and vanilla until silky.

Nadia's Fruit Crumble: Mix 1 cup oats with 2 tbsp coconut oil/butter and 1 tsp honey. Scatter over 2 cups seasonal fruit and bake at 180°C for 30 mins.

Dinner Instructions

Day 1: The Sunshine Bowl: Pan-fry 300g turmeric-rubbed chicken<sup>3</sup>. Massage kale with lemon and oil<sup>4</sup>. Serve over quinoa with grated carrot, shredded cabbage, avocado, and tahini drizzle<sup>5</sup>.

Day 2: Keto Salmon & Cauliflower Rice: Sauté grated cauliflower rice for 5 mins<sup>6</sup>. Pan-sear 2 NZ salmon fillets skin-side down for 3-4 mins, then flip for 1 min<sup>7</sup>. Serve with spiralized courgettes and lime<sup>8</sup>.

Day 3: Halloumi & Roasted Veg Salad: Roast cauliflower florets and capsicum at 200°C for 20 mins<sup>9</sup>. Pan-fry halloumi until golden<sup>10</sup>. Toss with baby spinach and pumpkin seeds<sup>11</sup>.

Day 4: Nude Beef & Beetroot Burgers: Mix 300g beef mince with 1 grated raw beetroot, garlic, and 1 tsp oregano. Shape into patties and pan-fry 4-5 mins per side. Serve in lettuce leaves or Portobello mushrooms with tomato, onion, and minty Greek yogurt.

Day 5: Cheap Eats Fish Tacos: Dust 300g white fish with 1 tsp cumin and salt; pan-fry until opaque<sup>15</sup>. Serve in corn tortillas with cabbage slaw, Greek yogurt, and lime.

Day 6: Everyday Vegetarian Frittata: Whisk 6 eggs; pour into a pan with 2 cups roasted pumpkin and 1 cup baby spinach<sup>17</sup>. Top with 50g feta/halloumi and bake at 180°C for 10-12 mins.

Day 7: Sunday Roasted Chicken & Harvest Roots: Stuff a free-range chicken with lemon, rosemary, and garlic.

Roast at 200°C with kūmara, parsnips, and carrots for ~75 mins<sup>20</sup>. Rest for 15 mins before carving to ensure the meat is tender.